Mark the Mushroom

It's November and we are really excited to introduce our new Superhero Vegetable of the month!

Can you guess who I am?

Who Am I?

- I am a squishy umbrella that can come in many different colours and sizes.
- I grow all over the world in woods or grassy areas where there is plenty of moisture.
- I am part of the Fungi kingdom



Did You Know?

- Iam madeupof 90% water
- Not all mushrooms are edible and can be poisonous, we call these toadstools.
- Mushrooms can grow without any light.

Where Can You Find Me?

- Edible mushrooms are grown in special containers of compost.
- Other mushrooms can grow in dark, damp areas such as a forest floor, but you shouldn't pick or eat these.

Why You Should Eat Me?

First of all, I taste yummy but best of all I help you grow big and strong!

- I'm high in ***copper*** which helps my body make energy and is good for my immune system
- I am ***high in potassium*** which is good for your nerves and muscles
- I contain ***phosphorus*** which keeps your bones and teeth strong

Fun Ways to Eat Me

- I can be cooked in a variety of ways such as frying, grilling and sautéing.
- I can also be used to make soups and sauces, which can be a nice addition to your favorite dishes.

Turn over for some cool recipes!

LOW PROTEIN RECIPE

GARLIC MUSHROOMS

Preparation: 5 minutes
Cooking time: 10 minutes
Serves: 3
Free per serving (80 g of cooked mushrooms free, every 80 g thereafter = 1 exchange)



Ingredients:

- 1 tablespoon olive oil
- 1/4 onion chopped, optional
- 225 g button mushrooms
- 1 g fresh thyme leaves chopped
- 5 g fresh parsley chopped
- 2 cloves garlic, minced
- 1 pinch salt to taste
- 1 pinch pepper to taste

Method:

1. Heat the oil in a large pan or skillet over medium-high heat.
2. Sauté the onion until softened (about 3 minutes).
3. Add the mushrooms and cook for about 4-5 minutes until golden and crispy on the edges.
4. Stir through thyme, 1 tablespoon of parsley and garlic. Cook for a further 30 seconds, until fragrant.
5. Season with salt and pepper.
6. Sprinkle with remaining parsley and serve warm.



Parsley



Mushrooms



Garlic



Thyme